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AUTHOR Silberman, Mel
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ABSTRACT

Written for parents, this book discusses four steps for dealing with children's difficult behavior. The book is divided into two parts. Part 1, "The Building Blocks," discusses baseline perspectives parents need to establish in order to effectively deal with difficult behavior. Topics covered include: (1) parents' dual roles as caregivers and decision makers; and (2) impediments to and possibilities for changes in children's behavior. Part 2, "The Four-Step Plan," discusses the particular steps parents can follow in modifying their child's behavior. Topics covered include: (1) how to be specific about your expectations for your child; (2) ways to remain calm and confident in your parenting; (3) how to select the best course of action; and (4) how to nurture supportive relationships with other parents. (JW)

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